



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 35157, Fish, salmon, red, canned, bones removed (Alaska Native)**

**Report Date: July 16, 2017 02:57 EDT**

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <sup>1</sup>	g	65.82	1	--
Energy	kcal	161	--	--
Energy	kJ	674	--	--
Protein <sup>1</sup>	g	27.31	1	--
Total lipid (fat) <sup>1</sup>	g	5.76	1	--
Ash <sup>1</sup>	g	1.96	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
<b>Minerals</b>				
Calcium, Ca <sup>1</sup>	mg	28	1	--
Iron, Fe <sup>1</sup>	mg	1.90	1	--
Magnesium, Mg <sup>1</sup>	mg	32	1	--
Phosphorus, P <sup>1</sup>	mg	260	1	--
Potassium, K <sup>1</sup>	mg	370	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na <sup>1</sup>	mg	390	1	--
Zinc, Zn <sup>1</sup>	mg	0.66	1	--
Copper, Cu <sup>1</sup>	mg	0.148	1	--
Manganese, Mn <sup>1</sup>	mg	0.037	1	--
Selenium, Se <sup>1</sup>	µg	40.3	1	--
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin <sup>1</sup>	mg	0.015	1	--
Riboflavin <sup>1</sup>	mg	0.206	1	--
Niacin <sup>1</sup>	mg	10.100	1	--
Pantothenic acid <sup>1</sup>	mg	0.725	1	--
Vitamin B-6 <sup>1</sup>	mg	0.103	1	--
Folate, total <sup>1</sup>	µg	7	1	--
Folic acid	µg	0	1	--
Folate, food <sup>1</sup>	µg	7	1	--
Folate, DFE	µg	7	--	--
Choline, total <sup>1</sup>	mg	82.0	--	--
Betaine <sup>1</sup>	mg	3.3	1	--
Vitamin B-12 <sup>1</sup>	µg	4.91	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	65	--	--
Retinol	µg	65	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	216	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.61	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--
Tocopherol, gamma <sup>1</sup>	mg	0.03	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	1	--
<b>Lipids</b>				
Fatty acids, total saturated	g	0.920	--	--
8:0 <sup>1</sup>	g	0.000	1	--
10:0 <sup>1</sup>	g	0.000	1	--
12:0 <sup>1</sup>	g	0.000	1	--
14:0 <sup>1</sup>	g	0.170	1	--
15:0 <sup>1</sup>	g	0.030	1	--
16:0 <sup>1</sup>	g	0.590	1	--
17:0 <sup>1</sup>	g	0.020	1	--
18:0 <sup>1</sup>	g	0.110	1	--
20:0 <sup>1</sup>	g	0.000	1	--
22:0 <sup>1</sup>	g	0.000	1	--
24:0 <sup>1</sup>	g	0.000	1	--
Fatty acids, total monounsaturated	g	2.290	--	--
14:1 <sup>1</sup>	g	0.000	1	--
15:1 <sup>1</sup>	g	0.000	1	--
16:1 undifferentiated <sup>1</sup>	g	0.150	1	--
17:1 <sup>1</sup>	g	0.000	1	--
18:1 undifferentiated <sup>1</sup>	g	0.660	1	--
20:1 <sup>1</sup>	g	0.750	1	--
22:1 undifferentiated <sup>1</sup>	g	0.690	1	--
24:1 c <sup>1</sup>	g	0.040	1	--
Fatty acids, total polyunsaturated	g	1.610	--	--
18:2 undifferentiated <sup>1</sup>	g	0.080	1	--
18:3 undifferentiated <sup>1</sup>	g	0.080	1	--
18:4 <sup>1</sup>	g	0.120	1	--
20:2 n-6 c,c <sup>1</sup>	g	0.020	1	--
20:3 undifferentiated <sup>1</sup>	g	0.010	1	--
20:4 undifferentiated <sup>1</sup>	g	0.090	1	--
20:5 n-3 (EPA) <sup>1</sup>	g	0.330	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
21:5 <sup>1</sup>	g	0.020	1	--
22:4 <sup>1</sup>	g	0.000	1	--
22:5 n-3 (DPA) <sup>1</sup>	g	0.110	1	--
22:6 n-3 (DHA) <sup>1</sup>	g	0.750	1	--
Cholesterol <sup>1</sup>	mg	69	1	--
<b>Amino Acids</b>				
Tryptophan <sup>1</sup>	g	0.350	--	--
Threonine <sup>1</sup>	g	1.250	--	--
Isoleucine <sup>1</sup>	g	1.220	--	--
Leucine <sup>1</sup>	g	2.040	--	--
Lysine <sup>1</sup>	g	2.310	--	--
Methionine <sup>1</sup>	g	0.750	--	--
Cystine <sup>1</sup>	g	0.200	--	--
Phenylalanine <sup>1</sup>	g	1.140	--	--
Tyrosine <sup>1</sup>	g	0.940	--	--
Valine <sup>1</sup>	g	1.450	--	--
Arginine <sup>1</sup>	g	1.640	--	--
Histidine <sup>1</sup>	g	0.690	--	--
Alanine <sup>1</sup>	g	1.690	--	--
Aspartic acid <sup>1</sup>	g	2.680	--	--
Glutamic acid <sup>1</sup>	g	3.640	--	--
Glycine <sup>1</sup>	g	1.430	--	--
Proline <sup>1</sup>	g	1.220	--	--
Serine <sup>1</sup>	g	1.040	--	--
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD